

Physical Education – Key Vocabulary - Progression of Core Knowledge and Skills

The physical education knowledge and skills represented in this document are not exhaustive, but rather identify the core learning taught at Thwaites School to ensure the National Curriculum is covered in a deep and meaningful way, preparing our children for their next step in education by creating knowledgeable, skilful, competent and confident sportspeople.

Early Learning Goals		
<p>Personal, Social and Emotional Development - Self-Regulation</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p>	<p>Personal, Social and Emotional Development - Managing Self</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p>	
<p>Personal, Social and Emotional Development - Building Relationships</p> <p>Work and play cooperatively and take turns with others.</p>	<p>Communication and Language - Listening, Attention and Understanding</p> <p>Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.</p> <p>Make comments about what they have heard and ask questions to clarify their understanding.</p>	
<p>Physical Development – Gross Motor Skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Expressive Arts and Design – Being Imaginative and Expressive</p> <p>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>	
Key Vocabulary		
Key Stage One Vocabulary	Lower Key Stage Two Vocabulary	Upper Key Stage Two Vocabulary
<p>Gymnastics</p> <p>place stretch push pull hop skip step spring crawl still slowly tall long wide narrow up down forwards high low elbows bottom back around through extension roll copy pathway along jump land balance tension curved straight zig-zag shape over hang grip In front speed slow fast wide shape narrow long land over jump off high low stretch point balance twisted curled level medium backwards sideways forwards zig zag angular under through behind tension copy smooth sequence height flow explosive symmetrical asymmetrical combination evaluate improve stretch refine adapt pathway contrasting curled stretched suppleness strength inverted jump land over under 90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength suppleness stamina speed level wide tucked straight twisted constructive points twist turn safety refine away</p> <p>Games</p> <p>avoiding tracking a ball rolling striking overarm throw bouncing catching free space own space opposite team rebound follow aiming speed direction passing controlling shooting scoring</p>	<p>Gymnastics</p> <p>in front speed slow fast wide shape narrow long land over jump off high low stretch point balance twisted curled level medium backwards sideways forwards zig zag angular under through behind tension copy smooth sequence height flow explosive symmetrical asymmetrical combination evaluate improve stretch refine adapt pathway contrasting curled stretched suppleness strength inverted jump land over under 90 degrees 180 degrees leaving approaching balance forwards backwards combine rotation against towards across evaluate improve height strength suppleness stamina speed level wide tucked straight twisted constructive points twist turn safety refine away</p> <p>Games</p>	<p>Gymnastics</p> <p>dynamics combination contrasting control mirroring matching accurately refine evaluate display asymmetry performance create symmetry refinements assessment suppleness strength cool down warm up muscles joints explore rotation spin turn shape landing take-off flight co-operate audience assessment elements twist obstacles refine aesthetically criteria extension co-operate audience assessment elements twist obstacles refine aesthetically criteria extension</p> <p>Games</p> <p>keeping possession passing dribbling shooting shield ball width depth support marking covering repossession attackers defenders team play batting fielding bowler wicket tee base boundary innings rounder backstop</p>

<p>Dance travel stillness direction space beginning middle end feelings body parts levels directions pathways speed rhythm</p> <p>Athletics throw high low skip aim fast slow safely step bounce jump leap hop repeat run target overarm underarm walking jogging accelerate baton relay push take off landing evaluate improve</p>	<p>keep possession keep the ball scoring goals keeping score making space pass/send/receive dribble travel with a ball back up support partner make use of space points goals rules tactics batting fielding bowler wicket tee base boundary innings rounder backstop court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally</p> <p>Dance space repeat dance phrase improvisation character gesture repetition action and reaction pattern</p> <p>Athletics sling pull distance sprint steady pace accuracy height record joints rhythm leading leg measure underarm overarm heart beat pulse rate jogging walk hurdles landing control preferred landing foot time stamina obstacles stance diagonal approach speed relay</p>	<p>court target net defending hitting stance offside pitch forehand backhand volley overhead singles doubles rally</p> <p>Dance dance style technique formation pattern rhythm variation improvisation unison canon action reaction motif phrase interpret exploration</p> <p>Athletics Sprint Team Distance Measure Height Target Pacing Rhythm Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Trajectory Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles</p>
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Year One and Year Two – Curriculum A

Health and Fitness
During Key Stage One, children will be given multiple opportunities throughout the year to learn the following health and safety knowledge and skills:

- I can describe how the body feels before, during and after exercise
- I can carry and place equipment safely
- I can recognize and describe how the body feels during and after different physical activities
- I can explain what they need to stay healthy

Evaluation and Improvement
During Key Stage One, children will be given multiple opportunities throughout the year to learn the following evaluation and improvement knowledge and skills:

- I can watch and describe performances
- I can begin to say how they could improve
- I can watch and describe performances, and use what they see to improve their own performance
- I can talk about the differences between their work and that of others
- I understand what the term ‘personal best’ means
- I know how to improve on my personal best

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
Football Skills - Target Games Circuit Training	Dance – Starry Skies Basketball Skills – Invasion Games	Gymnastics – Traditional Tales Hockey Skills - Attacking and Defending	Netball Skills - Throwing and Catching Orienteering	Gymnastics – Under the Sea Tennis Skills - Racket and Ball	Athletics Dance – Toys

<p>National Curriculum Coverage – Football Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination both individually and with others in the context of: football skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: football skills</p> <p>I can master basic movements including running, balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: football skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of: football skills</p> <p>Year One Knowledge and Skills</p> <p>I can travel with a ball in different ways</p> <p>I can kick a ball whilst moving</p> <p>I can pass the ball to another player</p> <p>I can travel with the ball</p> <p>I understand what it means to ‘use space’</p> <p>I can follow simple rules to play games</p> <p>I can begin to perform learnt skills with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can travel with a ball in different</p>	<p>National Curriculum Coverage - Dance</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of: dance</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: dance</p> <p>I can master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: dance</p> <p>I know how to perform dances using simple movement patterns in the context of: dance</p> <p>Year One Knowledge and Skills</p> <p>I can dance with an object</p> <p>I can use my body and an object to express an idea</p> <p>I can move in different ways</p> <p>I can make different shapes with my body</p> <p>I can make different shapes with others</p> <p>I can dance in different formations</p> <p>Year Two Knowledge and Skills</p> <p>I can dance with an object, varying the speed of my actions</p>	<p>National Curriculum Coverage - Gymnastics</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of: gymnastics</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: gymnastics</p> <p>I can master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: gymnastics</p> <p>Year One Knowledge and Skills</p> <p>I can recognise and perform contrasting movements and balances</p> <p>I can travel in different ways, changing speed and direction</p> <p>I am beginning to control my body when jumping and rolling in different ways</p> <p>I can link two or three movements to create a sequence</p> <p>I can cooperate effectively with a partner to create a sequence of two or three movements</p> <p>I can create and perform a sequence with a clear beginning, middle and ending</p> <p>Year Two Knowledge and Skills</p>	<p>National Curriculum Coverage – Netball Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of: netball skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: netball skills</p> <p>I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: netball skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of: netball skills</p> <p>Year One Knowledge and Skills</p> <p>I can hold and throw a netball correctly</p> <p>I can pass the ball to another player</p> <p>I can catch a ball thrown by another player</p> <p>I can run to a space, stop and catch a ball thrown underarm at a short distance</p> <p>I can catch a ball thrown underarm at a short distance whilst running and then stop</p> <p>I can throw a ball and hit a target</p>	<p>National Curriculum Coverage – Gymnastics</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of: gymnastics</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: gymnastics</p> <p>I can master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: gymnastics</p> <p>Year One Knowledge and Skills</p> <p>I can perform and improve upon balances on different parts of the body (four point and three point)</p> <p>I can create matching balances with a partner (four point and three point)</p> <p>I can roll in different ways while showing control (pencil roll, teddy bear roll and rocking forward roll)</p> <p>I can jump safely in a variety of ways, including on and off apparatus (straight and turn)</p> <p>I can combine a selection of the movements I have learnt to create a gymnastic sequence</p> <p>I can work with a partner to create a matching sequence using the movements I have learnt</p> <p>Year Two Knowledge and Skills</p>	<p>National Curriculum Coverage - Athletics</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of: athletics</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: athletics</p> <p>I can master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: athletics</p> <p>Year One Knowledge and Skills</p> <p>I can run slowly and quickly</p> <p>I can run in a straight line and around curved lines</p> <p>I can develop skills in jumping for height</p> <p>I can develop skills in jumping for distance</p> <p>I can develop skills in hopping and skipping for distance</p> <p>I can put a hop, skip and a jump together</p> <p>Year Two Knowledge and Skills</p> <p>I know when to run slowly and when to run quickly, explaining why</p> <p>I can run in a straight line and around curved lines, slowly and quickly</p> <p>I can improve skills in jumping for</p>
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<p>directions (side to side, forwards and backwards) with control and fluency</p> <p>I can use kicking skills in a game</p> <p>I can pass the ball in different ways</p> <p>I can with the ball using different directions or pathways</p> <p>I can begin to use space in a game</p> <p>I can follow simple rules to play games, including team games</p> <p>I can perform learnt skills with some control in activities and team games</p>	<p>I can improvise independently to create a simple dance with an object to express an idea</p> <p>I can move in different ways, changing my speed and level</p> <p>I can make different shapes with my body with an object</p> <p>I can make different shapes with others using an object</p> <p>I can dance in different formations with others</p>	<p>I can perform a variety of contrasting movements and balances with increasing accuracy</p> <p>I can travel in different ways, changing speed, direction and level</p> <p>I can control my body when jumping and rolling in different ways, with increasing confidence and accuracy</p> <p>I can link movements and actions to create a sequence</p> <p>I can cooperate effectively with a partner to create a sequence of linked actions</p> <p>I can cooperate effectively with a partner to create and perform a sequence with a clear beginning, middle and ending</p>	<p>I can throw a ball into a net</p> <p>I can combine these skills with some success</p> <p>With some help, I can invent a competitive game using these skills</p> <p>I can play a game I invented using the netball skills I have learnt with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can hold and throw a netball correctly and with accuracy</p> <p>I can pass the ball to another player at increasing distances</p> <p>I can catch a ball thrown by another player at increasing distances</p> <p>I can run to a space, stop and catch a ball thrown correctly at increasing distances</p> <p>I can catch a ball thrown correctly at increasing distances whilst running and then stop</p> <p>I can throw a ball and hit a target with increasing accuracy from increasing distances</p> <p>I can throw a ball into a net with increasing accuracy from increasing distances</p> <p>I can combine these skills with increasing confidence</p> <p>I can invent a competitive game using these skills</p> <p>I can play a game I invented using the netball skills I have learnt with increasing control and confidence</p>	<p>I can perform and improve upon balances on different parts of the body (four-point, three-point, two-point and one-point)</p> <p>I can create matching balances with a partner (four-point, three-point, two-point and one-point)</p> <p>I can roll in different ways while showing control (pencil roll, teddy bear roll and crouched forward roll)</p> <p>I can jump safely in a variety of ways, including on and off apparatus (straight, turn star and half-turn)</p> <p>I can combine a selection of the movements I have learnt to create a gymnastic sequence</p> <p>I can work with a partner to create a matching sequence using the movements I have learnt</p>	<p>height</p> <p>I can improve skills in jumping for distance</p> <p>I can put a hop, skip and a jump together with control and accuracy</p> <p>I can practise and improve my triple jump</p>
<p>National Curriculum Coverage – Circuit Training</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>	<p>National Curriculum Coverage – Basketball Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>	<p>National Curriculum Coverage – Hockey Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>	<p>National Curriculum Coverage – Orienteering</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>	<p>National Curriculum Coverage – Tennis Sills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>	<p>National Curriculum Coverage - Dance</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p>

<p>circuit training</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>circuit training</p> <p>I can master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>circuit training</p> <p>Year One Knowledge and Skills</p> <p>I can move over or round an obstacle with control</p> <p>I can jump in different ways with control</p> <p>I can show control and balance when travelling along a pathway</p> <p>I can combine more than one skill to complete an activity</p> <p>I can show control when rolling and bouncing a ball</p> <p>Year Two Knowledge and Skills</p> <p>I can change the direction of movements with control</p> <p>I can use and combine different types of jumps</p> <p>I can perform movements with control and accuracy</p> <p>I can combine skills to complete circuit activities independently</p> <p>I can show control when rolling and bouncing a ball when travelling</p>	<p>basketball skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>basketball skills</p> <p>I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>basketball skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of:</p> <p>basketball skills</p> <p>Year One Knowledge and Skills</p> <p>I can bounce a ball</p> <p>I can travel whilst bouncing a ball</p> <p>I can travel with a ball in different ways</p> <p>I can pass the ball to another player</p> <p>I can catch a ball thrown by another player</p> <p>I can begin to use the terms attacking and defending</p> <p>I can use simple defensive skills such as marking a player or defending a space</p> <p>I can perform using a range of actions and body parts with some coordination</p> <p>I can begin to perform learnt skills with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can switch hands whilst bouncing a ball</p> <p>I can travel whilst bouncing a ball in</p>	<p>hockey skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>hockey skills</p> <p>I can master basic movements including running as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>hockey skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of:</p> <p>hockey skills</p> <p>Year One Knowledge and Skills</p> <p>I can hold a hockey stick correctly</p> <p>I can travel whilst controlling a ball with a hockey stick</p> <p>I can travel whilst controlling a ball with a hockey stick in different ways</p> <p>I can pass the ball to another player with a hockey stick</p> <p>I can stop a ball passed by another player with a hockey stick</p> <p>I can use simple defensive skills such as marking a player or defending a space</p> <p>I can use simple attacking skills such as dodging to get past a defender</p> <p>I can perform using a range of actions and body parts with some coordination</p> <p>I can begin to perform learnt skills with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can demonstrate how to hold a hockey stick correctly</p>	<p>orienteeing</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>orienteeing</p> <p>I can master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>orienteeing</p> <p>Year One Knowledge and Skills</p> <p>I can Jog in a straight line</p> <p>I can show good posture and balance</p> <p>I can change direction when jogging</p> <p>I can maintain control when I change direction when jogging</p> <p>I can carefully vary my pace and speed when running</p> <p>I can run at different paces, describing the different paces</p> <p>I can vary the speed and direction in which I am travelling</p> <p>I can identify places on a basic map with help from a partner</p> <p>I can use a simple key with help from a partner</p> <p>I can find places on a simple map with help from a partner</p> <p>I can complete a very simple orienteeing course with help from a partner</p> <p>I can compete against others to complete a very simple orienteeing course with help from a partner</p> <p>Year Two Knowledge and Skills</p> <p>I can sprint in a straight line</p>	<p>tennis skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>tennis skills</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>tennis skills</p> <p>Year One Knowledge and Skills</p> <p>I can hold a tennis racket correctly</p> <p>I can bounce a tennis ball on a tennis racket 10 times without it falling</p> <p>I can hit a tennis ball against a wall and hit it again on the rebound</p> <p>I can hit a tennis ball into a target</p> <p>I can hit a tennis ball to a partner</p> <p>I can return a tennis ball to a partner</p> <p>I can hit a tennis ball over a net to a partner</p> <p>I can return a tennis ball back over a net to a partner</p> <p>I can hit a tennis ball over a net into a target</p> <p>Year Two Knowledge and Skills</p> <p>I can demonstrate how to hold a tennis racket correctly</p> <p>I can bounce a tennis ball on a tennis racket 20+ times without it falling</p> <p>I can hit a tennis ball against a wall and hit it again on the rebound several times with increasing control and accuracy</p> <p>I can hit a tennis ball into a target set at increasing more challenging</p>	<p>dance</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>dance</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of:</p> <p>dance</p> <p>I know how to perform dances using simple movement patterns in the context of:</p> <p>dance</p> <p>Year One Knowledge and Skills</p> <p>I can change the speed and size of my movements</p> <p>I can dance in different formations</p> <p>I can move in response to stimuli</p> <p>I can move to a rhythm</p> <p>I can dance a duet to a rhythm with help from a partner</p> <p>I am beginning to synchronise movement</p> <p>Year Two Knowledge and Skills</p> <p>I can change the speed, weight and size of my movements</p> <p>I can dance in different formations with increasing accuracy, balance and poise</p> <p>I can listen carefully to stimuli and allow it to inform my movements with increasing accuracy, balance and poise</p> <p>I can move intelligently to a rhythm, matching the pace and timings of the piece to my movements</p> <p>I can lead a partner through dancing a duet to a rhythm</p>
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	<p>different directions (side to side, forwards and backwards) with control and fluency</p> <p>I can switch hands whilst bouncing a ball and travelling to avoid loss of possession</p> <p>I can pass the ball to another player at a distance</p> <p>I can catch a ball thrown by another player at a distance</p> <p>I can explain the terms attacking and defending</p> <p>I can use defending skills to confidently defend a space</p> <p>I can perform using a range of actions and body parts with increasing coordination and confidence</p> <p>I can perform learnt skills with control</p>	<p>I can travel whilst controlling a ball with a hockey stick in different directions (side to side, forwards and backwards) with control and fluency</p> <p>I can pass the ball to another player with a hockey stick at a distance</p> <p>I can stop a ball passed by another player with a hockey stick at a distance</p> <p>I can use defending skills to confidently defend a space</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can perform using a range of actions and body parts with increasing coordination and confidence</p> <p>I can perform learnt skills with control</p>	<p>I can show good posture and balance when sprinting</p> <p>I can change direction when sprinting</p> <p>I can maintain control when I change direction when sprinting</p> <p>I can confidently vary my pace and speed when running</p> <p>I am beginning to choose the pace at which I run</p> <p>I am beginning to choose the speed and direction in which I am travelling</p> <p>I can identify places on a basic map</p> <p>I can use a simple key</p> <p>I can find places on a simple map whilst leading a partner</p> <p>I can complete a very simple orienteering course whilst leading a partner</p> <p>I can compete against others to complete a very simple orienteering course whilst leading a partner</p>	<p>distances</p> <p>I can hit a tennis ball to a partner with increasing control and accuracy</p> <p>I can return a tennis ball to a partner with increasing control and accuracy</p> <p>I can hit a tennis ball over a net to a partner with increasing control and accuracy</p> <p>I can return a tennis ball back over a net to a partner with increasing control and accuracy</p> <p>I can hit a tennis ball over a net into a target set at increasing more challenging distances</p>	<p>I can synchronise movement in different formations</p>
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Year One and Year Two – Curriculum B

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
<p>Multi-Skills - Throwing and Catching</p> <p>Gymnastics - Animals</p>	<p>Dance – The Gunpowder Plot</p> <p>Basket Ball Skills - Attacking and Defending</p>	<p>Hockey Skills - Invasion Games</p> <p>Gymnastics – Landscapes and Cityscapes</p>	<p>Netball Skills - Invasion Games</p> <p>Dance – Plants</p>	<p>Rounders Skills - Bat and Ball</p> <p>Yoga – Salute to the Sun</p>	<p>Athletics – Circuit Training</p> <p>Dance – Seasons</p>
<p>National Curriculum Coverage – Multi-Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>multi-skills</p>	<p>National Curriculum Coverage - Dance</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>dance</p>	<p>National Curriculum Coverage – Hockey Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>hockey skills</p>	<p>National Curriculum Coverage – Netball Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>netball skills</p>	<p>National Curriculum Coverage – Rounders</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>rounders</p>	<p>National Curriculum Coverage – Circuit Training</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>circuit training</p>

<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: multi-skills</p> <p>I can master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: multi-skills</p> <p>Year One Knowledge and Skills</p> <p>I can learn how to track and receive a ball</p> <p>I can throw underarm</p> <p>I can catch an object by myself</p> <p>I can throw and catch an object with a partner</p> <p>I can bounce a ball on the spot</p> <p>I can carefully throw, catch and bounce an object</p> <p>Year Two Knowledge and Skills</p> <p>I can track and receive a ball from increasing distances with accuracy</p> <p>I can throw overarm with accuracy</p> <p>I can throw an object, run and catch it by myself</p> <p>I can throw and catch an object with a partner from increasing distances with accuracy</p> <p>I can bounce a ball on the spot with increasing control and accuracy</p> <p>I can confidently throw, catch and bounce an object with increasing control and accuracy</p>	<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: dance</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: dance</p> <p>I know how to perform dances using simple movement patterns in the context of: dance</p> <p>Year One Knowledge and Skills</p> <p>I understand how dance can be used to communicate</p> <p>I can use different dance movements to communicate an idea</p> <p>I dance in different formations to communicate different ideas</p> <p>I can communicate feelings through dance</p> <p>I can refine and improve my movements with support</p> <p>I can change the rhythm of my movement to communicate different ideas</p> <p>Year Two Knowledge and Skills</p> <p>I know, and can explain how dance can be used to communicate</p> <p>I can confidently use a variety of dance movements to communicate an idea, with increasing control</p> <p>I can confidently combine dance formations to communicate different ideas, with increasing control</p>	<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: hockey skills</p> <p>I can master basic movements including running as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: hockey skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of: hockey skills</p> <p>Year One Knowledge and Skills</p> <p>I can hold a hockey stick correctly</p> <p>I can travel whilst controlling a ball with a hockey stick</p> <p>I can travel whilst controlling a ball with a hockey stick in different ways</p> <p>I can pass the ball to another player with a hockey stick</p> <p>I can stop a ball passed by another player with a hockey stick</p> <p>I can use simple defensive skills such as marking a player or defending a space</p> <p>I can use simple attacking skills such as dodging to get past a defender</p> <p>I can perform using a range of actions and body parts with some coordination</p> <p>I can begin to perform learnt skills with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can demonstrate how to hold a hockey stick correctly</p> <p>I can travel whilst controlling a ball</p>	<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: netball skills</p> <p>I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: netball skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of: netball skills</p> <p>Year One Knowledge and Skills</p> <p>I can hold and throw a netball correctly</p> <p>I can pass the ball to another player</p> <p>I can catch a ball thrown by another player</p> <p>I can run to a space, stop and catch a ball thrown underarm at a short distance</p> <p>I can catch a ball thrown underarm at a short distance whilst running and then stop</p> <p>I can throw a ball and hit a target</p> <p>I can throw a ball into a net</p> <p>I can combine these skills with some success</p> <p>With some help, I can invent a competitive game using these skills</p> <p>I can play a game I invented using the netball skills I have learnt with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can hold and throw a netball</p>	<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: rounders</p> <p>I can master basic movements including running, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: rounders</p> <p>Year One Knowledge and Skills</p> <p>I can throw a ball underarm</p> <p>I can throw a ball underarm and catch it</p> <p>I can throw a ball underarm to a partner</p> <p>I can hold a tennis racket correctly</p> <p>I can hit a ball, thrown by a partner with a tennis racket</p> <p>I can hold a rounders bat correctly</p> <p>I can hit a ball, thrown by a partner with a rounders bat</p> <p>I can drop the bat and run after hitting a ball</p> <p>I can play a simple game using the rounders skills I have learnt</p> <p>Year Two Knowledge and Skills</p> <p>I can demonstrate how to throw a ball underarm</p> <p>I can throw a ball underarm and catch it with increasing height, control and accuracy</p> <p>I can throw a ball underarm to a partner at increasing distances with control and accuracy</p> <p>I can demonstrate how to hold a tennis racket correctly</p> <p>I can hit a ball, thrown by a partner with a tennis racket at increasing</p>	<p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of: circuit training</p> <p>I can master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: circuit training</p> <p>Year One Knowledge and Skills</p> <p>I can move over or round an obstacle with control</p> <p>I can jump in different ways with control</p> <p>I can show control and balance when travelling along a pathway</p> <p>I can combine more than one skill to complete an activity</p> <p>I can show control when rolling and bouncing a ball</p> <p>Year Two Knowledge and Skills</p> <p>I can change the direction of movements with control</p> <p>I can use and combine different types of jumps</p> <p>I can perform movements with control and accuracy</p> <p>I can combine skills to complete circuit activities independently</p> <p>I can show control when rolling and bouncing a ball when travelling</p>
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	<p>I can confidently communicate feelings through dance, explaining my choices</p> <p>I can think critically about my own performance and refine and improve my movements based on my evaluation</p> <p>I can confidently change the rhythm of my movements to communicate different ideas, with increasing control</p>	<p>with a hockey stick in different directions (side to side, forwards and backwards) with control and fluency</p> <p>I can pass the ball to another player with a hockey stick at a distance</p> <p>I can stop a ball passed by another player with a hockey stick at a distance</p> <p>I can use defending skills to confidently defend a space</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can perform using a range of actions and body parts with increasing coordination and confidence</p> <p>I can perform learnt skills with control</p>	<p>correctly and with accuracy</p> <p>I can pass the ball to another player at increasing distances</p> <p>I can catch a ball thrown by another player at increasing distances</p> <p>I can run to a space, stop and catch a ball thrown correctly at increasing distances</p> <p>I can catch a ball thrown correctly at increasing distances whilst running and then stop</p> <p>I can throw a ball and hit a target with increasing accuracy from increasing distances</p> <p>I can throw a ball into a net with increasing accuracy from increasing distances</p> <p>I can combine these skills with increasing confidence</p> <p>I can invent a competitive game using these skills</p> <p>I can play a game I invented using the netball skills I have learnt with increasing control and confidence</p>	<p>distances with control and accuracy</p> <p>I can demonstrate how to hold a rounders bat correctly</p> <p>I can hit a ball, thrown by a partner with a rounders bat at increasing distances with control and accuracy</p> <p>I can drop the bat and run after hitting a ball, running with balance and control and demonstrating good stopping technique</p> <p>I can play a simple game using the rounders skills I have learnt, assessing my performance and identifying ways I can improve</p>	
<p>National Curriculum Coverage - Gymnastics</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>gymnastics</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>gymnastics</p> <p>I can master basic movements including running and jumping, as well as developing balance, agility</p>	<p>National Curriculum Coverage – Basketball Skills</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>basketball skills</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>basketball skills</p> <p>I can master basic movements including running, jumping, throwing and catching, as well as</p>	<p>National Curriculum Coverage - Gymnastics</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>gymnastics</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>gymnastics</p> <p>I can master basic movements including running and jumping, as well as developing balance, agility</p>	<p>National Curriculum Coverage - Dance</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>dance</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>dance</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to</p>	<p>National Curriculum Coverage - Yoga</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>yoga</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>yoga</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to</p>	<p>National Curriculum Coverage - Dance</p> <p>I am developing fundamental movement skills, becoming increasingly competent and confident and I can access a broad range of opportunities to extend my agility, balance and coordination, individually and with others in the context of:</p> <p>dance</p> <p>I know how to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations in the context of:</p> <p>dance</p> <p>I can master basic movements including developing balance, agility and co-ordination, and begin to</p>

<p>and co-ordination, and begin to apply these in a range of activities in the context of: gymnastics</p> <p>Year One Knowledge and Skills</p> <p>I can carry and place apparatus</p> <p>I am beginning to travel safely in different ways</p> <p>I am beginning to at different speeds and levels</p> <p>I can make and hold different shapes</p> <p>I can link two actions to make a sequence</p> <p>I can link two actions with a movement</p> <p>Year Two Knowledge and Skills</p> <p>I can demonstrate how to carry and place apparatus</p> <p>I can travel safely and confidently in different ways</p> <p>I can travel at different speeds and levels, changing direction confidently and safely</p> <p>I can make and hold different shapes demonstrating increasing flexibility and difficulty</p> <p>I can link several actions to make a sequence</p> <p>I can link a number of actions with a number of movements</p>	<p>developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of: basketball skills</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending in the context of: basketball skills</p> <p>Year One Knowledge and Skills</p> <p>I can bounce a ball</p> <p>I can travel whilst bouncing a ball</p> <p>I can travel with a ball in different ways</p> <p>I can pass the ball to another player</p> <p>I can catch a ball thrown by another player</p> <p>I can begin to use the terms attacking and defending</p> <p>I can use simple defensive skills such as marking a player or defending a space</p> <p>I can perform using a range of actions and body parts with some coordination</p> <p>I can begin to perform learnt skills with some control</p> <p>Year Two Knowledge and Skills</p> <p>I can switch hands whilst bouncing a ball</p> <p>I can travel whilst bouncing a ball in different directions (side to side, forwards and backwards) with control and fluency</p> <p>I can switch hands whilst bouncing a ball and travelling to avoid loss of possession</p> <p>I can pass the ball to another player at a distance</p> <p>I can catch a ball thrown by another player at a distance</p> <p>I can explain the terms attacking</p>	<p>and co-ordination, and begin to apply these in a range of activities in the context of: gymnastics</p> <p>Year One Knowledge and Skills</p> <p>I can move and balance safely</p> <p>I can roll with coordination and control (pencil roll, teddy bear roll and rocking forward roll)</p> <p>I can make long thin shapes with my body</p> <p>I can take my weight on my hands and feet</p> <p>I can take my weight on my hands with help</p> <p>I can perform and complete skills I have learnt</p> <p>Year Two Knowledge and Skills</p> <p>I can move and balance with agility and coordination on the floor and on apparatus</p> <p>I can roll with coordination and control (pencil roll, teddy bear roll and crouched forward roll)</p> <p>I can make long thin shapes with my body, demonstrating good balance and agility</p> <p>I can take my weight on my hands and feet in a variety of different ways</p> <p>I can take my weight on my hands with increasing agility and balance</p> <p>I can perform and complete skills I have learnt, explaining how my, and others, performances could be improved</p>	<p>apply these in a range of activities in the context of: dance</p> <p>I know how to perform dances using simple movement patterns in the context of: dance</p> <p>Year One Knowledge and Skills</p> <p>I can create and perform a simple dance motif inspired by a stimulus</p> <p>I can use simple movements and body shapes to represent a plant growing</p> <p>I can use simple movements to represent different types of seeds</p> <p>I can create a dance based on plants supported by a partner</p> <p>I can follow simple movements to represent the different parts of a story</p> <p>I can create movements to represent the parts of a story supported by a partner</p> <p>Year Two Knowledge and Skills</p> <p>I can create and perform a dance motif of increasing complexity inspired by a stimulus</p> <p>I can combine a variety of different movements and body shapes to represent a plant growing</p> <p>I can create movements to represent different types of seeds</p> <p>I can lead the creation of a dance based on plants with a partner</p> <p>I can create movements to represent the different parts of a story</p> <p>I can lead the creation of movements to represent the parts of a story with a partner</p>	<p>apply these in a range of activities in the context of: yoga</p> <p>Year One Knowledge and Skills</p> <p>I can develop coordination while in basic yoga poses and moving between them</p> <p>I can increase coordination while on all fours</p> <p>I am beginning to come into and out of the dog pose</p> <p>I can develop agility by varying the speed of movements and poses</p> <p>I can develop balance in standing positions</p> <p>I can develop balance when moving between yoga positions</p> <p>Year Two Knowledge and Skills</p> <p>I can increase my coordination and balance while in basic yoga poses and move between them with fluidity</p> <p>I can demonstrate coordination while on all fours with increasing balance and agility</p> <p>I can develop agility by correctly coming into and out of the dog pose</p> <p>I can increase my agility and balance by varying and controlling the speed of movements and poses</p> <p>I can develop balance in a variety of increasingly more difficult standing positions</p> <p>I can develop balance and agility while carefully moving between yoga positions with control</p>	<p>apply these in a range of activities in the context of: dance</p> <p>I know how to perform dances using simple movement patterns in the context of: dance</p> <p>Year One Knowledge and Skills</p> <p>I can move in response to a video stimulus</p> <p>I can improvise and create movements with the support of a partner</p> <p>I am beginning to show awareness of others when working in a group</p> <p>I can understand mirroring and use this with a partner</p> <p>I am beginning to keep in time with a steady beat to perform a traditional style of dance</p> <p>I can vary the shape and speed of my movements to represent an object</p> <p>Year Two Knowledge and Skills</p> <p>I can use dance skills I have learnt to move in response to a video stimulus</p> <p>I can improvise and create movements whilst supporting a partner</p> <p>I can show awareness of others when working in a group</p> <p>I can demonstrate mirroring confidently when using this with a partner</p> <p>I can accurately keep in time with a steady beat to perform a traditional style of dance</p> <p>I can vary the shape and speed of my movements with increasing agility and control to represent an object</p>
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	<p>and defending</p> <p>I can use defending skills to confidently defend a space</p> <p>I can perform using a range of actions and body parts with increasing coordination and confidence</p> <p>I can perform learnt skills with control</p>				
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Year Three and Year Four – Curriculum A

Health and Fitness

During Lower Key Stage Two, children will be given multiple opportunities throughout the year to learn the following health and safety knowledge and skills:

- I can recognise and describe the effects of exercise on the body
- I know the importance of strength and flexibility for physical activity
- I can explain why it is important to warm up and cool down
- I can describe how the body reacts at different times and how this affects performance
- I can explain why exercise is good for your health
- I know some reasons for warming up and cooling down

Evaluation and Improvement

During Lower Key Stage Two, children will be given multiple opportunities throughout the year to learn the following evaluation and improvement knowledge and skills:

- I can watch, describe and evaluate the effectiveness of a performance
- I can describe how their performance has improved over time
- I can watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.
- I can modify their use of skills or techniques to achieve a better result
- I know how to demonstrate resilience when trying to improve on my personal best

Outdoor and Adventurous Activity

During Lower Key Stage Two, children will be given the opportunity to meet the National Curriculum expectation, ‘take part in outdoor and adventurous activity challenges both individually and within a team’ through an overnight residential trip

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
Football Multi-skills	Dance – Romans Basketball	Gymnastics - Shape Hockey	Netball Orienteering	Tennis Rounders	Athletics Rugby
<p>National Curriculum Coverage - Football</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p>National Curriculum Coverage - Dance</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p>National Curriculum Coverage - Gymnastics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p>National Curriculum Coverage - Netball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p>National Curriculum Coverage – Tennis</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>	<p>National Curriculum Coverage – Athletics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to</p>

<p>make actions and sequences of movement in the context of: football</p> <p>I enjoy communicating, collaborating and competing with others in the context of: football</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: football</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: football</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: football</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: football</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: football</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my dribbling and ball control skills in football, combining skills with increasing accuracy and control</p>	<p>make actions and sequences of movement in the context of: dance</p> <p>I enjoy communicating, collaborating and competing with others in the context of: dance</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: dance</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: dance</p> <p>I know how to perform dances using a range of movement patterns in the context of: dance</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: dance</p> <p>Year Three Knowledge and Skills</p> <p>With the support of a partner, I can combine and perform movement phrases to represent facts about the Roman Empire</p> <p>I am beginning to compose and perform movement sequences with some expression</p> <p>With the support of a partner, I can link and combine movement phrases</p> <p>I can work as part of a group to develop a longer dance that tells the story of Pompeii</p>	<p>make actions and sequences of movement in the context of: gymnastics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: gymnastics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: gymnastics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: gymnastics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: gymnastics</p> <p>Year Three Knowledge and Skills</p> <p>I can perform static body shapes</p> <p>I can make body shapes in the air</p> <p>I can carry out rhythmic gymnastics moves</p> <p>I can perform a rhythmic gymnastics routine</p> <p>I can create symmetrical shapes with some help</p> <p>I can apply the gymnastics skills I have learnt</p> <p>Year Four Knowledge and Skills</p> <p>I can perform a variety of static body shapes, demonstrating balance, control and agility</p>	<p>make actions and sequences of movement in the context of: netball</p> <p>I enjoy communicating, collaborating and competing with others in the context of: netball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: netball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: netball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: netball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: netball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: netball</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my ball control skills in netball, combining skills with increasing accuracy and control</p>	<p>make actions and sequences of movement in the context of: tennis</p> <p>I enjoy communicating, collaborating and competing with others in the context of: tennis</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: tennis</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: tennis</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: tennis</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: tennis</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a tennis racket in both hands correctly</p> <p>I can bounce a tennis ball on a tennis racket with both hands</p> <p>I can hit a tennis ball against a wall at an angle and hit it again on the rebound having tracked the ball and run in its direction</p>	<p>make actions and sequences of movement in the context of: athletics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: athletics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: athletics</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: athletics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: athletics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: athletics</p> <p>Year Three Knowledge and Skills</p> <p>I can sprint over a distance of 75m</p> <p>I can sprint and jump over short hurdles over a distance of 75m</p> <p>I can complete a sack race over a distance of 50m</p> <p>I can complete an egg and spoon race over a distance of 50m</p> <p>I can complete a skipping race over a distance of 50m</p> <p>I can complete an obstacle race over the distance of 50m</p> <p>I can complete one lap of the field</p>
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<p>I can further develop my passing and receiving skills in football, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in football</p> <p>I understand the importance of fitness in football</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine dribbling and ball control skills in football with accuracy, control and confidence</p> <p>I can combine dribbling, ball control, passing and receiving skills in football with accuracy, control and confidence</p> <p>I can find and use space effectively in a game</p> <p>I can use the defensive skills of marking and tackling in a game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can shoot in a football game</p> <p>I understand and can explain the importance of fitness in football</p> <p>I can demonstrate teamwork in a game</p> <p>I can work as part of a team, keeping and passing the ball when it is safe and necessary</p>	<p>I can perform a dance with some precision and control</p> <p>With the support of a partner, I can help to compose longer dance sequences for a performance and I am beginning to use a range of dance vocabulary</p> <p>Year Four Knowledge and Skills</p> <p>I can combine and perform movement phrases to represent facts about the Roman Empire</p> <p>I can compose and perform movement sequences with expression</p> <p>I can link and combine movement phrases</p> <p>I can lead a group to develop a longer dance that tells the story of Pompeii</p> <p>I can perform a dance with increasing precision, control, balance and agility</p> <p>I can compose longer dance sequences for a performance and use a range of dance vocabulary</p>	<p>I can make a variety of body shapes in the air, demonstrating flexibility and poise</p> <p>I can carry out rhythmic gymnastics moves with increasing difficulty</p> <p>I can put a variety of different poses, movements and shapes into a rhythmic gymnastics routine</p> <p>I can create symmetrical shapes with balance, control and agility</p> <p>I can apply the gymnastics skills I have learnt</p>	<p>I can further develop my passing and receiving skills in netball, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in netball</p> <p>I understand the importance of fitness in netball</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine ball control skills in netball with accuracy, control and confidence</p> <p>I can combine ball control, passing and receiving skills in netball with accuracy, control and confidence</p> <p>I can find and use space effectively in a game</p> <p>I can use the defensive skills of marking and tackling in a game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can shoot in a netball game</p> <p>I understand and can explain the importance of fitness in netball</p> <p>I can demonstrate teamwork in a game</p> <p>I can work as part of a team, keeping and passing the ball when it is safe and necessary</p>	<p>I can learn about the areas on a tennis court</p> <p>I can hit a tennis ball over the net on a tennis court</p> <p>I can hit a tennis ball to a partner on a tennis court</p> <p>I can return a tennis ball to a partner on a tennis court</p> <p>I can perform a rally with a partner on a tennis court</p> <p>Year Four Knowledge and Skills</p> <p>I can hold a tennis racket in both hands correctly</p> <p>I can perform tricks as I bounce a tennis ball on a tennis racket with both hands</p> <p>I know the areas on a tennis court</p> <p>I am beginning to understand the rules of tennis</p> <p>I am beginning to understand the scoring system in tennis</p> <p>I can hit a tennis ball over the net and into the correct area on a tennis court</p> <p>I can return a tennis ball to a partner on a tennis court with increasing accuracy</p> <p>I can perform a rally with a partner on a tennis court with increasing accuracy</p>	<p>I can compete in a relay race over the distance of 100m</p> <p>I can throw a javelin</p> <p>I can throw a shotput</p> <p>I can throw a discus</p> <p>I can throw a ball by pushing it from my chest</p> <p>Year Four Knowledge and Skills</p> <p>I can sprint over a distance of 75m working on my technique to improve my speed</p> <p>I can sprint and jump over short hurdles over a distance of 75m working on my technique to improve my speed</p> <p>I can complete a sack race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete an egg and spoon race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete a skipping race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete an obstacle race over the distance of 50m working on my technique to improve my speed</p> <p>I can complete one lap of the field working on my technique to improve my speed</p> <p>I can compete in a relay race over the distance of 100m working on my technique to improve my speed</p> <p>I can throw a javelin with increasing power to improve my distance</p> <p>I can throw a shotput with increasing power to improve my distance</p> <p>I can throw a discus with increasing power to improve my distance</p> <p>I can throw a ball by pushing it</p>
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					from my chest with increasing power to improve my distance
<p>National Curriculum Coverage – Multi-skills</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>multi-skills</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>multi-skills</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>multi-skills</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>multi-skills</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>multi-skills</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>multi-skills</p> <p>Year Three Knowledge and Skills</p>	<p>National Curriculum Coverage - Basketball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>basketball</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>basketball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>basketball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>basketball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>basketball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>basketball</p>	<p>National Curriculum Coverage - Hockey</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>hockey</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>hockey</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>hockey</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>hockey</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>hockey</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to</p>	<p>National Curriculum Coverage - Orienteering</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>orienteering</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>orienteering</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>orienteering</p> <p>I know how to use running in the context of:</p> <p>orienteering</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>orienteering</p> <p>I know how to take part in outdoor and adventurous activity challenges both individually and within a team in the context of:</p> <p>orienteering</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to</p>	<p>National Curriculum Coverage - Rounders</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>rounders</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>rounders</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>rounders</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>rounders</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>rounders</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>rounders</p>	<p>National Curriculum Coverage – Rugby</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of:</p> <p>tag-rugby</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p> <p>tag-rugby</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>tag-rugby</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>tag-rugby</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>tag-rugby</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>tag-rugby</p>

<p>I can repeat a side-to-side jump</p> <p>I can bend my knees and push upwards to jump high</p> <p>I can bend my knees and push forwards to jump far</p> <p>I can combine a hop, skip and jump with control</p> <p>I can run as fast as I can for a short period</p> <p>I can control my pace as I run over a longer distance</p> <p>I can run an obstacle race</p> <p>I can throw a ball underarm at a target with increasing accuracy</p> <p>Year Four Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle</p> <p>I can bend my knees and thrust upwards, using my arms to jump high</p> <p>I can bend my knees and thrust forwards, using my arms to jump far</p> <p>I can use my arms and legs effectively to improve my triple jump</p> <p>I can use my arms and legs effectively to sprint</p> <p>I can use breathing and control of pace to run long distance effectively</p> <p>I can demonstrate control, balance and agility when running an obstacle race</p> <p>I can throw a ball underarm at a target at increasing distances with accuracy</p>	<p>basketball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>basketball</p> <p>Year Three Knowledge and Skills</p> <p>I can confidently switch from one hand to another and back again whilst travelling with a bouncing ball</p> <p>I can demonstrate increasing control and agility when traveling in different directions with a bouncing ball</p> <p>I can pass the ball to another player whilst travelling</p> <p>I can catch a ball from another player whilst travelling</p> <p>I can shoot a ball at a basket with some accuracy</p> <p>I can use defending skills to defend a space and other players</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can play as part of a team in a short game of basketball</p> <p>Year Four Knowledge and Skills</p> <p>I can bounce a ball under my legs whilst travelling</p> <p>I am beginning to combine bouncing the ball under my legs whilst travelling in different ways</p> <p>I can bounce pass the ball to another player whilst travelling</p> <p>I can catch a bounce pass from another player whilst travelling</p> <p>I can shoot a ball at a basket with increasing accuracy</p> <p>I can confidently use defending skills to defend a space and other players</p> <p>I can confidently use attacking skills such as dodging to get past a</p>	<p>achieve my personal best in the context of:</p> <p>hockey</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my travelling skills whilst controlling a ball with a hockey stick, combining skills with increasing accuracy and control</p> <p>I can further develop my passing skills in hockey, combining skills with increasing accuracy and control</p> <p>I can further develop my receiving skills in hockey, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in hockey</p> <p>I understand the importance of fitness in hockey</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine travelling and ball control skills in hockey with accuracy, control and confidence</p> <p>I can combine travelling, ball control, passing and receiving skills in hockey with accuracy, control and confidence</p> <p>I can find and use space effectively in a hockey game</p> <p>I can use the defensive skills of marking and tackling in a hockey game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p>	<p>achieve my personal best in the context of:</p> <p>orienteering</p> <p>Year Three Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I can confidently choose my pace and speed when running</p> <p>I am beginning to choose the speed and direction in which I am travelling</p> <p>I can identify places on a map</p> <p>I can use a key</p> <p>I can find places on a map</p> <p>I can orientate a map to help find places</p> <p>I am beginning to use a compass</p> <p>I can complete a simple orienteering course independently and with a partner</p> <p>I can compete against others to complete a simple orienteering course independently and with a partner</p> <p>Year Four Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I can confidently choose my pace and speed when running, understanding that this will ensure I can run for longer</p> <p>I am beginning to choose the speed and direction in which I am travelling, understanding how this will help me get a better time</p> <p>I can identify places on a more complex map</p> <p>I can use a more complex key</p> <p>I can find places on a more complex map</p> <p>I can orientate a more complex map to help find places</p>	<p>rounders</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>rounders</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a rounders bat correctly in my preferred hand</p> <p>I can adopt a batting stance</p> <p>I can catch a ball coming from above, stood still</p> <p>I can catch a ball coming at me, stood still</p> <p>I can crouch and stop a rolling ball, stood still</p> <p>I can learn about the features of a rounders field</p> <p>I can learn about the different roles and responsibilities of players in rounders</p> <p>I can learn the rules of rounders</p> <p>I can learn how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game</p> <p>I can field in a rounders game</p> <p>I can defend a base in a rounders game</p> <p>I can run around the bases to score a half rounder</p> <p>Year Four Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst walking</p> <p>I can catch a ball coming at me, whilst walking</p> <p>I can chase and stop a rolling ball, whilst walking</p> <p>I am beginning to understand the</p>	<p>tag-rugby</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>tag-rugby</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a rugby ball correctly</p> <p>I can run with a rugby ball</p> <p>I can throw a rugby ball correctly</p> <p>I can throw a rugby ball in the air and catch it</p> <p>I can throw a rugby ball to a partner</p> <p>I can catch a rugby ball thrown by a partner</p> <p>I can intercept a pass as it is thrown from one person to another</p> <p>I can learn the rules of tagging in tag rugby</p> <p>I can learn the rules of tag rugby</p> <p>I can learn how tag rugby is scored</p> <p>I can develop tagging skills whilst playing a simple game of tag</p> <p>Year Four Knowledge and Skills</p> <p>I can hold a rugby ball confidently</p> <p>I can run with a rugby ball confidently</p> <p>I can throw a rugby ball at increasing distances</p> <p>I can throw a rugby ball to a partner whilst on the run</p> <p>I can catch a rugby ball thrown by a partner whilst on the run</p> <p>I can intercept a pass as it is thrown from one person to another whilst on the run</p> <p>I am beginning to understand the rules of tagging in tag rugby</p> <p>I am beginning to understand the</p>
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	defender I can contribute effectively to a team in a game of basketball	I can shoot in a hockey game I understand and can explain the importance of fitness in hockey I can demonstrate teamwork in a game of hockey I can work as part of a team, keeping and passing the ball when it is safe and necessary	I am becoming more confident in my use a compass I can complete an orienteering course independently and with a partner I can compete against others to complete an orienteering course independently and with a partner	features of a rounders field I am beginning to understand the different roles and responsibilities of players in rounders I am beginning to understand the rules of rounders I am beginning to understand how rounders is scored I can hit a ball with a rounders bat when it is bowled to me in a game with increasing accuracy I can field in a rounders game with increasing effectiveness I can defend a base in a rounders game with increasing effectiveness I can run around the bases to score a rounder	rules of tag rugby I am beginning to understand how tag rugby is scored I can improve tagging skills whilst playing a simple game of tag
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Year Three and Year Four – Curriculum B

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
Football Multi-skills	Dance – Rainforest Basketball	Gymnastics - Movement Hockey	Netball Orienteering	Tennis Rounders	Athletics Rugby
National Curriculum Coverage - Football I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: football I enjoy communicating, collaborating and competing with others in the context of: football I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: football	National Curriculum Coverage - Dance I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: dance I enjoy communicating, collaborating and competing with others in the context of: dance I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: dance	National Curriculum Coverage - Gymnastics I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: gymnastics I enjoy communicating, collaborating and competing with others in the context of: gymnastics I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: gymnastics	National Curriculum Coverage - Netball I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: netball I enjoy communicating, collaborating and competing with others in the context of: netball I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: netball	National Curriculum Coverage – Tennis I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: tennis I enjoy communicating, collaborating and competing with others in the context of: tennis I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: tennis	National Curriculum Coverage – Athletics I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: athletics I enjoy communicating, collaborating and competing with others in the context of: athletics I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: athletics

<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: football</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: football</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: football</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: football</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my dribbling and ball control skills in football, combining skills with increasing accuracy and control</p> <p>I can further develop my passing and receiving skills in football, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in football</p> <p>I understand the importance of</p>	<p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: dance</p> <p>I know how to perform dances using a range of movement patterns in the context of: dance</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: dance</p> <p>Year Three Knowledge and Skills</p> <p>With the support of a partner, I can create a short dance, inspired by rainforests</p> <p>With the support of a partner, I can adapt movement phrases to vary the length of a dance</p> <p>I am beginning to combine movement phrases of different speeds in a dance</p> <p>I can use dance vocabulary to evaluate and improve a dance performance with increasing confidence</p> <p>With the support of a partner, I can develop movement phrases to create a dance sequence that represents the rainforest</p> <p>I can use dance vocabulary to improve the sequence and performance of a dance with increasing confidence</p> <p>Year Four Knowledge and Skills</p> <p>I can support a partner and lead in creating a short dance, inspired by rainforests</p>	<p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: gymnastics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: gymnastics</p> <p>Year Three Knowledge and Skills</p> <p>I can perform a range of jumps and leaps (straight jump, tuck jump, jumping jack)</p> <p>With some support, I can perform a straddle forward roll and a backward roll to straddle</p> <p>With some support, I can perform a straddle on vault</p> <p>With some support, I can perform a lunge into cartwheel</p> <p>I can link movements together by performing a straight jump half turn, a cat leap and a pivot</p> <p>I can work in a small group to create and perform a gymnastics sequence with a theme</p> <p>Year Four Knowledge and Skills</p> <p>I can perform a range of jumps and leaps (half turn jump, cat spring, cat spring to straddle)</p> <p>I can perform a straddle forward roll and a backward roll to straddle correctly</p> <p>I can perform a straddle on vault correctly</p> <p>I can perform a lunge into cartwheel correctly</p> <p>I can link movements together by performing a straight jump full turn, a cat leap half turn and a pivot</p>	<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: netball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: netball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: netball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: netball</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my dribbling and ball control skills in football, combining skills with increasing accuracy and control</p> <p>I can further develop my passing and receiving skills in football, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in football</p> <p>I understand the importance of</p>	<p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: tennis</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: tennis</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: tennis</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a tennis racket in both hands correctly</p> <p>I can bounce a tennis ball on a tennis racket with both hands</p> <p>I can hit a tennis ball against a wall at an angle and hit it again on the rebound having tracked the ball and run in its direction</p> <p>I can learn about the areas on a tennis court</p> <p>I can hit a tennis ball over the net on a tennis court</p> <p>I can hit a tennis ball to a partner on a tennis court</p> <p>I can return a tennis ball to a partner on a tennis court</p> <p>I can perform a rally with a partner on a tennis court</p> <p>Year Four Knowledge and Skills</p> <p>I can hold a tennis racket in both hands correctly</p> <p>I can perform tricks as I bounce a</p>	<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: athletics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: athletics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: athletics</p> <p>Year Three Knowledge and Skills</p> <p>I can sprint over a distance of 75m</p> <p>I can sprint and jump over short hurdles over a distance of 75m</p> <p>I can complete a sack race over a distance of 50m</p> <p>I can complete an egg and spoon race over a distance of 50m</p> <p>I can complete a skipping race over a distance of 50m</p> <p>I can complete an obstacle race over the distance of 50m</p> <p>I can complete one lap of the field</p> <p>I can compete in a relay race over the distance of 100m</p> <p>I can throw a javelin</p> <p>I can throw a shotput</p> <p>I can throw a discus</p> <p>I can throw a ball by pushing it from my chest</p> <p>Year Four Knowledge and Skills</p> <p>I can sprint over a distance of 75m working on my technique to improve my speed</p> <p>I can sprint and jump over short hurdles over a distance of 75m</p>
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<p>fitness in football</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine dribbling and ball control skills in football with accuracy, control and confidence</p> <p>I can combine dribbling, ball control, passing and receiving skills in football with accuracy, control and confidence</p> <p>I can find and use space effectively in a game</p> <p>I can use the defensive skills of marking and tackling in a game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can shoot in a football game</p> <p>I understand and can explain the importance of fitness in football</p> <p>I can demonstrate teamwork in a game</p> <p>I can work as part of a team, keeping and passing the ball when it is safe and necessary</p>	<p>I can support a partner and lead in adapting movement phrases to vary the length of a dance</p> <p>I can combine movement phrases of different speeds in a dance with increasing agility and accuracy</p> <p>I can use a varied dance vocabulary to evaluate and improve a dance performance</p> <p>I can support a partner and lead in developing movement phrases to create a dance sequence that represents the rainforest</p> <p>I can use a varied dance vocabulary to improve the sequence and performance of a dance</p>	<p>I can lead a small group to create and perform a gymnastics sequence with a theme</p>	<p>fitness in football</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine dribbling and ball control skills in football with accuracy, control and confidence</p> <p>I can combine dribbling, ball control, passing and receiving skills in football with accuracy, control and confidence</p> <p>I can find and use space effectively in a game</p> <p>I can use the defensive skills of marking and tackling in a game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can shoot in a football game</p> <p>I understand and can explain the importance of fitness in football</p> <p>I can demonstrate teamwork in a game</p> <p>I can work as part of a team, keeping and passing the ball when it is safe and necessary</p>	<p>tennis ball on a tennis racket with both hands</p> <p>I know the areas on a tennis court</p> <p>I am beginning to understand the rules of tennis</p> <p>I am beginning to understand the scoring system in tennis</p> <p>I can hit a tennis ball over the net and into the correct area on a tennis court</p> <p>I can return a tennis ball to a partner on a tennis court with increasing accuracy</p> <p>I can perform a rally with a partner on a tennis court with increasing accuracy</p>	<p>working on my technique to improve my speed</p> <p>I can complete a sack race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete an egg and spoon race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete a skipping race over a distance of 50m working on my technique to improve my speed</p> <p>I can complete an obstacle race over the distance of 50m working on my technique to improve my speed</p> <p>I can complete one lap of the field working on my technique to improve my speed</p> <p>I can compete in a relay race over the distance of 100m working on my technique to improve my speed</p> <p>I can throw a javelin with increasing power to improve my distance</p> <p>I can throw a shotput with increasing power to improve my distance</p> <p>I can throw a discus with increasing power to improve my distance</p> <p>I can throw a ball by pushing it from my chest with increasing power to improve my distance</p>
<p>National Curriculum Coverage – Multi-skills</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: multi-skills</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>	<p>National Curriculum Coverage - Basketball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: basketball</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>	<p>National Curriculum Coverage - Hockey</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: hockey</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>	<p>National Curriculum Coverage - Orienteering</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: orienteering</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>	<p>National Curriculum Coverage - Rounders</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: rounders</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>	<p>National Curriculum Coverage – Rugby</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: tag-rugby</p> <p>I enjoy communicating, collaborating and competing with others in the context of:</p>

<p>multi-skills</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>multi-skills</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>multi-skills</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>multi-skills</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>multi-skills</p> <p>Year Three Knowledge and Skills</p> <p>I can repeat a side-to-side jump</p> <p>I can bend my knees and push upwards to jump high</p> <p>I can bend my knees and push forwards to jump far</p> <p>I can combine a hop, skip and jump with control</p> <p>I can run as fast as I can for a short period</p> <p>I can control my pace as I run over a longer distance</p> <p>I can run an obstacle race</p> <p>I can throw a ball underarm at a target with increasing accuracy</p> <p>Year Four Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle</p>	<p>basketball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>basketball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>basketball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>basketball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>basketball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>basketball</p> <p>Year Three Knowledge and Skills</p> <p>I can confidently switch from one hand to another and back again whilst travelling with a bouncing ball</p> <p>I can demonstrate increasing control and agility when traveling in different directions with a bouncing ball</p> <p>I can pass the ball to another player whilst travelling</p>	<p>hockey</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>hockey</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>hockey</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>hockey</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>hockey</p> <p>Year Three Knowledge and Skills</p> <p>I can further develop my travelling skills whilst controlling a ball with a hockey stick, combining skills with increasing accuracy and control</p> <p>I can further develop my passing skills in hockey, combining skills with increasing accuracy and control</p> <p>I can further develop my receiving skills in hockey, combining skills with increasing accuracy and control</p> <p>I know how to find and use space effectively</p> <p>I can learn the defensive skills of marking and tackling</p>	<p>orienteeing</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>orienteeing</p> <p>I know how to use running in the context of:</p> <p>orienteeing</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>orienteeing</p> <p>I know how to take part in outdoor and adventurous activity challenges both individually and within a team in the context of:</p> <p>orienteeing</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>orienteeing</p> <p>Year Three Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I can confidently choose my pace and speed when running</p> <p>I am beginning to choose the speed and direction in which I am travelling</p> <p>I can identify places on a map</p> <p>I can use a key</p> <p>I can find places on a map</p> <p>I can orientate a map to help find places</p> <p>I am beginning to use a compass</p>	<p>rounders</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>rounders</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>rounders</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>rounders</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>rounders</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>rounders</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a rounders bat correctly in my preferred hand</p> <p>I can adopt a batting stance</p> <p>I can catch a ball coming from above, stood still</p> <p>I can catch a ball coming at me, stood still</p> <p>I can crouch and stop a rolling ball, stood still</p>	<p>tag-rugby</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of:</p> <p>tag-rugby</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of:</p> <p>tag-rugby</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of:</p> <p>tag-rugby</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>tag-rugby</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>tag-rugby</p> <p>Year Three Knowledge and Skills</p> <p>I can hold a rugby ball correctly</p> <p>I can run with a rugby ball</p> <p>I can throw a rugby ball correctly</p> <p>I can throw a rugby ball in the air and catch it</p> <p>I can throw a rugby ball to a partner</p> <p>I can catch a rugby ball thrown by a partner</p>
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<p>I can bend my knees and thrust upwards, using my arms to jump high</p> <p>I can bend my knees and thrust forwards, using my arms to jump far</p> <p>I can use my arms and legs effectively to improve my triple jump</p> <p>I can use my arms and legs effectively to sprint</p> <p>I can use breathing and control of pace to run long distance effectively</p> <p>I can demonstrate control, balance and agility when running an obstacle race</p> <p>I can throw a ball underarm at a target at increasing distances with accuracy</p>	<p>I can catch a ball from another player whilst travelling</p> <p>I can shoot a ball at a basket with some accuracy</p> <p>I can use defending skills to defend a space and other players</p> <p>I can use attacking skills such as dodging to get past a defender</p> <p>I can play as part of a team in a short game of basketball</p> <p>Year Four Knowledge and Skills</p> <p>I can bounce a ball under my legs whilst travelling</p> <p>I am beginning to combine bouncing the ball under my legs whilst travelling in different ways</p> <p>I can bounce pass the ball to another player whilst travelling</p> <p>I can catch a bounce pass from another player whilst travelling</p> <p>I can shoot a ball at a basket with increasing accuracy</p> <p>I can confidently use defending skills to defend a space and other players</p> <p>I can confidently use attacking skills such as dodging to get past a defender</p> <p>I can contribute effectively to a team in a game of basketball</p>	<p>I can use attacking skills such as dodging to get past a defender</p> <p>I can learn how I can shoot in hockey</p> <p>I understand the importance of fitness in hockey</p> <p>I can use the skills I have learnt and apply them in a game</p> <p>I can work as part of a team</p> <p>Year Four Knowledge and Skills</p> <p>I can combine travelling and ball control skills in hockey with accuracy, control and confidence</p> <p>I can combine travelling, ball control, passing and receiving skills in hockey with accuracy, control and confidence</p> <p>I can find and use space effectively in a hockey game</p> <p>I can use the defensive skills of marking and tackling in a hockey game</p> <p>I can use attacking skills confidently such as dodging to get past a defender or feigning my direction of travel</p> <p>I can shoot in a hockey game</p> <p>I understand and can explain the importance of fitness in hockey</p> <p>I can demonstrate teamwork in a game of hockey</p> <p>I can work as part of a team, keeping and passing the ball when it is safe and necessary</p>	<p>I can complete a simple orienteering course independently and with a partner</p> <p>I can compete against others to complete a simple orienteering course independently and with a partner</p> <p>Year Four Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I can confidently choose my pace and speed when running, understanding that this will ensure I can run for longer</p> <p>I am beginning to choose the speed and direction in which I am travelling, understanding how this will help me get a better time</p> <p>I can identify places on a more complex map</p> <p>I can use a more complex key</p> <p>I can find places on a more complex map</p> <p>I can orientate a more complex map to help find places</p> <p>I am becoming more confident in my use a compass</p> <p>I can complete an orienteering course independently and with a partner</p> <p>I can compete against others to complete an orienteering course independently and with a partner</p>	<p>I can learn about the features of a rounders field</p> <p>I can learn about the different roles and responsibilities of players in rounders</p> <p>I can learn the rules of rounders</p> <p>I can learn how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game</p> <p>I can field in a rounders game</p> <p>I can defend a base in a rounders game</p> <p>I can run around the bases to score a half rounder</p> <p>Year Four Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst walking</p> <p>I can catch a ball coming at me, whilst walking</p> <p>I can chase and stop a rolling ball, whilst walking</p> <p>I am beginning to understand the features of a rounders field</p> <p>I am beginning to understand the different roles and responsibilities of players in rounders</p> <p>I am beginning to understand the rules of rounders</p> <p>I am beginning to understand how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game with increasing accuracy</p> <p>I can field in a rounders game with increasing effectiveness</p> <p>I can defend a base in a rounders game with increasing effectiveness</p> <p>I can run around the bases to score a rounder</p>	<p>I can intercept a pass as it is thrown from one person to another</p> <p>I can learn the rules of tagging in tag rugby</p> <p>I can learn the rules of tag rugby</p> <p>I can learn how tag rugby is scored</p> <p>I can develop tagging skills whilst playing a simple game of tag</p> <p>Year Four Knowledge and Skills</p> <p>I can hold a rugby ball confidently</p> <p>I can run with a rugby ball confidently</p> <p>I can throw a rugby ball at increasing distances</p> <p>I can throw a rugby ball to a partner whilst on the run</p> <p>I can catch a rugby ball thrown by a partner whilst on the run</p> <p>I can intercept a pass as it is thrown from one person to another whilst on the run</p> <p>I am beginning to understand the rules of tagging in tag rugby</p> <p>I am beginning to understand the rules of tag rugby</p> <p>I am beginning to understand how tag rugby is scored</p> <p>I can improve tagging skills whilst playing a simple game of tag</p>
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Year Five and Year Six – Curriculum A

Health and Fitness

During Upper Key Stage Two, children will be given multiple opportunities throughout the year to learn the following health and safety knowledge and skills:

- I know and understand the reasons for warming up and cooling down
- I can explain some safety principles when preparing for and during exercise
- I understand the importance of warming up and cooling down
- I can carry out warm-ups and cool-downs safely and effectively
- I understand why exercise is good for health, fitness and wellbeing
- I know ways I can become healthier

Evaluation and Improvement

During Upper Key Stage Two, children will be given multiple opportunities throughout the year to learn the following evaluation and improvement knowledge and skills:

- I can choose and use criteria to evaluate my own and others’ performances
- I can explain why they have used particular skills or techniques, and the effect I have had on my performance
- I can thoroughly evaluate my own and others’ work, suggesting thoughtful and appropriate improvements
- I know how to demonstrate resilience when trying to improve on my personal best

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
Football Multi-skills	Dance – World War II Dances Basketball	Gymnastics – Shape and Balance Hockey	Netball Orienteering	Tennis Rounders	Athletics Swimming
<p>National Curriculum Coverage - Football</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: football</p> <p>I enjoy communicating, collaborating and competing with others in the context of: football</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: football</p>	<p>National Curriculum Coverage - Dance</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: dance</p> <p>I enjoy communicating, collaborating and competing with others in the context of: dance</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: dance</p>	<p>National Curriculum Coverage - Gymnastics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: gymnastics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: gymnastics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: gymnastics</p>	<p>National Curriculum Coverage - Netball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: netball</p> <p>I enjoy communicating, collaborating and competing with others in the context of: netball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: netball</p>	<p>National Curriculum Coverage – Tennis</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: tennis</p> <p>I enjoy communicating, collaborating and competing with others in the context of: tennis</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: tennis</p>	<p>National Curriculum Coverage – Athletics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: athletics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: athletics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: athletics</p>

<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: football</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: football</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: football</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: football</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine dribbling and ball control skills in a football game</p> <p>I can accurately combine dribbling, ball control, passing and receiving skills in a football game</p> <p>I can effectively find and use space to advance my team towards a goal in a football game</p> <p>I can effectively use the defensive skills of marking and tackling in a football game</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a football game</p> <p>I can effectively and accurately shoot in a football game</p>	<p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: dance</p> <p>I know how to perform dances using a range of movement patterns in the context of: dance</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: dance</p> <p>Year Five Knowledge and Skills</p> <p>I can learn the Charleston with support</p> <p>I can learn the Lambeth Walk with support</p> <p>I can learn the Lindy Hop with support</p> <p>I can perform the Charleston with support</p> <p>I can perform the Lambeth Walk with support</p> <p>I can perform the Lindy Hop with support</p> <p>Year Six Knowledge and Skills</p> <p>I can learn the Charleston</p> <p>I can learn the Lambeth Walk</p> <p>I can learn the Lindy Hop</p> <p>I can perform and lead the Charleston</p> <p>I can perform and lead the Lambeth Walk</p> <p>I can perform and lead the Lindy Hop</p>	<p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: gymnastics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: gymnastics</p> <p>Year Five Knowledge and Skills</p> <p>I can link shapes and movements using rhythmic gymnastics to represent ideas about the Earth, Sun and Moon</p> <p>I can create two, three and four-point balances and movements to represent the discovery and exploration of a new planet</p> <p>I can create part-weight balances with the support of a partner to resemble an alien</p> <p>With some help from a supporting partner, I can create and perform a gymnastics routine that includes shapes on apparatus</p> <p>With some help from a supporting partner, I can plan a space-themed gymnastics routine that includes a range of shapes, balances and movements</p> <p>With some help from a supporting partner, I can perform a space-themed gymnastics routine that includes a range of shapes, balances and movements</p> <p>Year Six Knowledge and Skills</p> <p>I can creatively link a variety of shapes and movement with agility and flexibility using rhythmic gymnastics to represent ideas about the Earth, Sun and Moon</p> <p>I can create increasingly more</p>	<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: netball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: netball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: netball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: netball</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine travelling and ball control skills in a netball game</p> <p>I can accurately combine travelling, ball control, passing and receiving skills in a netball game</p> <p>I can effectively find and use space to advance my team towards a goal in a netball game</p> <p>I can effectively use the defensive skills of marking and tackling in a netball game</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a netball game</p> <p>I can effectively and accurately shoot in a netball game</p>	<p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: tennis</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: tennis</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: tennis</p> <p>Year Five Knowledge and Skills</p> <p>I can explain the areas on a tennis court</p> <p>I understand the rules of tennis</p> <p>I understand the scoring system in tennis</p> <p>I can hit a tennis ball over the net and towards the back of the court</p> <p>I can return a tennis ball over the net on a tennis court, trying to make it more difficult for my opponent to return the ball</p> <p>I can perform a rally with an opponent on a tennis court</p> <p>I can play a short game of tennis on a tennis court</p> <p>Year Six Knowledge and Skills</p> <p>I can explain the areas on a tennis court and how to use them strategically</p> <p>I can explain the rules of tennis</p> <p>I can explain the scoring system in tennis</p>	<p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: athletics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: athletics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: athletics</p> <p>Year Five Knowledge and Skills</p> <p>I can sprint over a distance of 100m working on my technique to improve my speed</p> <p>I can sprint and jump over short hurdles over a distance of 100m working on my technique to improve my speed</p> <p>I can complete a sack race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete an egg and spoon race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete a skipping race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete an obstacle race over the distance of 75m working on my technique to improve my speed</p> <p>I can complete two laps of the field working on my technique to improve my speed</p> <p>I can compete in a relay race over the distance of 100m working on my technique to improve my speed</p>
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<p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a football game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining dribbling and ball control skills in a football game or competition</p> <p>I can show intelligent thinking when combining dribbling, ball control, passing and receiving skills in a football game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a football game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and tackling in a football game or competition</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a football game or competition</p> <p>I can score a goal in a football game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a football game or competition</p> <p>I can work as part of a team, encouraging team members and showing good sportsmanship to the opposition</p>		<p>difficult two, three and four-point balances and movements with agility and flexibility to represent the discovery and exploration of a new planet</p> <p>I can create part-weight balances with a partner to resemble an alien</p> <p>I can create and perform a gymnastics routine that includes shapes on apparatus</p> <p>I can plan a space-themed gymnastics routine that includes a range of shapes, balances and movements</p> <p>I can perform a space-themed gymnastics routine that includes a range of shapes, balances and movements</p>	<p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a netball game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>I can play in each position in netball</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining travelling and ball control skills in a netball game or competition</p> <p>I can show intelligent thinking when combining travelling, ball control, passing and receiving skills in a netball game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a netball game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and tackling in a netball game or competition</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a netball game or competition</p> <p>I can score a goal in a netball game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a netball game or competition</p> <p>I can work as part of a team, encouraging team members and showing good sportsmanship to the opposition</p> <p>I can play in each position in netball but recognize my strengths in a particular position</p>	<p>I can serve a tennis ball with power and accuracy</p> <p>I can return a tennis ball over the net on a tennis court, thinking carefully about where to place the ball</p> <p>I can perform a rally with an opponent on a tennis court using the skills I have learnt to try and win the point</p> <p>I can play a game of tennis on a tennis court</p>	<p>I can throw a javelin with power and accuracy, improving my distance</p> <p>I can throw a shotput with power and accuracy, improving my distance</p> <p>I can throw a discus with power and accuracy, improving my distance</p> <p>I can throw a ball by pushing it from my chest with power and accuracy, improving my distance</p> <p>Year Six Knowledge and Skills</p> <p>I can sprint over a distance of 100m and make improvement to try and beat my personal best</p> <p>I can sprint and jump over short hurdles over a distance of 100m and make improvement to try and beat my personal best</p> <p>I can complete a sack race over a distance of 75m and make improvement to try and beat my personal best</p> <p>I can complete an egg and spoon race over a distance of 75m and make improvement to try and beat my personal best</p> <p>I can complete a skipping race over a distance of 50m and make improvement to try and beat my personal best</p> <p>I can complete an obstacle race over the distance of 75m and make improvement to try and beat my personal best</p> <p>I can complete three laps of the field and make improvement to try and beat my personal best obstacle race</p> <p>I can compete in a relay race over the distance of 100m and make improvement to try and beat my personal best</p> <p>I can throw a javelin with power</p>
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					<p>and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a shotput with power and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a discus with power and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a ball by pushing it from my chest with power and accuracy and make improvement to try and beat my personal best</p>
<p>National Curriculum Coverage – Multi-skills</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: multi-skills</p> <p>I enjoy communicating, collaborating and competing with others in the context of: multi-skills</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: multi-skills</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: multi-skills</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p>	<p>National Curriculum Coverage - Basketball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: basketball</p> <p>I enjoy communicating, collaborating and competing with others in the context of: basketball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: basketball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: basketball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and</p>	<p>National Curriculum Coverage - Hockey</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: hockey</p> <p>I enjoy communicating, collaborating and competing with others in the context of: hockey</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: hockey</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: hockey</p>	<p>National Curriculum Coverage - Orienteering</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: orienteering</p> <p>I enjoy communicating, collaborating and competing with others in the context of: orienteering</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: orienteering</p> <p>I know how to use running in the context of: orienteering</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: orienteering</p>	<p>National Curriculum Coverage - Rounders</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: rounders</p> <p>I enjoy communicating, collaborating and competing with others in the context of: rounders</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: rounders</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: rounders</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and</p>	<p>National Curriculum Coverage - Swimming</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: swimming</p> <p>I enjoy communicating, collaborating and competing with others in the context of: swimming</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: swimming</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: swimming</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to</p>

<p>multi-skills</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>multi-skills</p> <p>Year Five Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle with increasing speed and accuracy</p> <p>I can bend my knees and thrust upwards, using my arms to jump high with increasing agility</p> <p>I can bend my knees and thrust forwards, using my arms to jump far with increasing agility</p> <p>I can increase my control, balance and agility to improve my triple jump distance</p> <p>I can increase my control, balance and agility to improve my sprint</p> <p>I can use breathing and control of pace to improve my long distance running</p> <p>I can choose overarm or underarm to throw a ball at a target at increasing distances with accuracy</p> <p>I can plan my route and practise transitions from one obstacle to another to improve my time in an obstacle race</p> <p>Year Six Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle in competition with my peers and attempt to beat my personal best</p> <p>I can bend my knees and thrust upwards, using my arms to jump high in competition with my peers and attempt to beat my personal best</p> <p>I can bend my knees and thrust forwards, using my arms to jump far</p>	<p>apply basic principles suitable for attacking and defending in the context of:</p> <p>basketball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>basketball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>basketball</p> <p>Year Five Knowledge and Skills</p> <p>I can bounce a ball behind my back</p> <p>I am beginning to combine bouncing the ball under my legs whilst travelling in different ways</p> <p>I can bounce pass the ball to another player whilst travelling</p> <p>I can catch a bounce pass from another player whilst travelling</p> <p>I can shoot a ball at a basket with increasing accuracy</p> <p>I can attempt a jump shot</p> <p>I can confidently use defending skills to defend a space and other players</p> <p>I can confidently use attacking skills such as dodging to get past a defender</p> <p>I can contribute effectively to a team in a game of basketball</p> <p>Year Six Knowledge and Skills</p> <p>I can bounce a ball behind my back whilst travelling</p> <p>I am beginning to combine bouncing the ball behind my back whilst travelling in different ways</p>	<p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>hockey</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>hockey</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine travelling and ball control skills in a hockey game</p> <p>I can accurately combine travelling, ball control, passing and receiving skills in a hockey game</p> <p>I can effectively find and use space to advance my team towards a goal in a hockey game</p> <p>I can effectively use the defensive skills of marking and tackling in a hockey game</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a hockey game</p> <p>I can effectively and accurately shoot in a hockey game</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a hockey game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining dribbling and ball control skills in a football game or competition</p>	<p>I know how to take part in outdoor and adventurous activity challenges both individually and within a team in the context of:</p> <p>orienteering</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>orienteering</p> <p>Year Five Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I confidently switch my pace and speed when running, choosing a steady pace for the majority of the course, sprinting when necessary and slowing for difficult terrain and to rest</p> <p>Through accurate map reading, I confidently switching the speed and direction in which I am travelling, understanding how this will help me get a better time</p> <p>I can identify places on a complex Ordnance Survey map</p> <p>I can use a complex key on an Ordnance Survey map</p> <p>I can find places on a complex Ordnance Survey map</p> <p>I can orientate a complex Ordnance Survey map to help find places</p> <p>I can confidently use a compass</p> <p>I can complete a difficult orienteering course independently and with a partner</p> <p>I can compete against others to complete a difficult orienteering course independently and with a partner</p> <p>Year Six Knowledge and Skills</p> <p>I can run at a steady pace for as long as I need to</p>	<p>apply basic principles suitable for attacking and defending in the context of:</p> <p>rounders</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of:</p> <p>rounders</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of:</p> <p>rounders</p> <p>Year Five Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst running</p> <p>I can catch a ball coming at me, whilst running</p> <p>I can chase and stop a rolling ball, whilst running</p> <p>I understand the features of a rounders field</p> <p>I understand the different roles and responsibilities of players in rounders</p> <p>I understand the rules of rounders</p> <p>I understand how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game with increasing accuracy and power</p> <p>I can field in a rounders game effectively</p> <p>I can defend a base in a rounders game effectively</p> <p>I can run around the bases, making sensible decisions about when to go for a rounder and when to stop</p>	<p>achieve my personal best in the context of:</p> <p>swimming</p> <p>I know how to swim competently, confidently and proficiently over a distance of at least 25 metres in the context of:</p> <p>swimming</p> <p>I know how to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] in the context of:</p> <p>swimming</p> <p>I know how to perform safe self-rescue in different water-based situations in the context of:</p> <p>swimming</p> <p>Year Five Knowledge and Skills</p> <p>I can correctly enter and exit the water</p> <p>I can enjoy being in the water and moving around</p> <p>I can glide on my front with confidence</p> <p>I can get my face wet</p> <p>I can put my head under water</p> <p>I can blow bubble under water</p> <p>I can float using a floatation aid</p> <p>I can float unaided</p> <p>I can glide across the water with support</p> <p>I can identify safety features and know who to ask for help</p> <p>I can be confident in, on and under the water</p> <p>I can float on my back</p> <p>I can glide and kick across the pool</p> <p>I can swim across the pool using freestyle arm action</p> <p>I can coordinate arm and leg action to swim across a pool</p> <p>I am beginning to learn how to</p>
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<p>in competition with my peers and attempt to beat my personal best</p> <p>I can improve my triple jump distance whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can sprint whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can run long distance whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can run an obstacle race whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can throw a ball at a target whilst in competition with my peers as I attempt to beat my personal best</p>	<p>I can choose which pass I want to use when passing the ball to another player whilst travelling</p> <p>I can catch a variety of different passes from another player whilst travelling</p> <p>I can shoot a ball at a basket using the backboard to aid me in scoring a basket</p> <p>I can perform a jump shot with increasing accuracy</p> <p>I can confidently use defending skills to defend a space and other players in a basketball game</p> <p>I can confidently use attacking skills such as dodging to get past a defender in a basketball game</p> <p>I can contribute effectively to a team in a game of basketball, encouraging team members and showing good sportsmanship to the opposition</p>	<p>I can show intelligent thinking when combining dribbling, ball control, passing and receiving skills in a football game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a football game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and tackling in a football game or competition</p> <p>I can use attacking skills intelligently and effectively such as dodging to get past a defender or feigning my direction of travel in a football game or competition</p> <p>I can score a goal in a football game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a football game or competition</p> <p>I can work as part of a team, encouraging team members and showing good sportsmanship to the opposition</p>	<p>I am naturally switching my pace and speed when running, choosing a steady pace for the majority of the course, sprinting when necessary and slowing for difficult terrain and to rest</p> <p>Through accurate map reading, I naturally switch the speed and direction in which I am travelling, quickly making decisions that will save time</p> <p>I can quickly and confidently identify places on a complex Ordnance Survey map</p> <p>I can quickly and confidently use a complex key on an Ordnance Survey map</p> <p>I can quickly and confidently find places on a complex Ordnance Survey map</p> <p>I can quickly and confidently orientate a complex Ordnance Survey map to help find places</p> <p>I can use a compass quickly and accurately</p> <p>I can complete a long and complex orienteering course independently and with a partner</p> <p>I can compete against others to complete a long and complex orienteering course independently and with a partner</p>	<p>Year Six Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst sprinting</p> <p>I can catch a ball coming at me, whilst sprinting</p> <p>I can chase and stop a rolling ball, whilst sprinting</p> <p>I understand and can explain the features of a rounders field</p> <p>I understand and can explain the different roles and responsibilities of players in rounders</p> <p>I understand and can explain the rules of rounders</p> <p>I understand and can explain how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game with accuracy and power</p> <p>I can field in a rounders game effectively, knowing when to go for a ball, when to act myself and when to throw to another fielder</p> <p>I can defend a base in a rounders game effectively, knowing when to go for a ball, when to act myself and when to throw to another fielder</p> <p>I can run around the bases, making sensible decisions about when to go for a rounder and when to stop and ensuring I do not run out any of my team mates</p>	<p>self-rescue</p> <p>Year Six Knowledge and Skills</p> <p>I can swim across the pool using breaststroke</p> <p>I can swim across the pool using backstroke</p> <p>I can swim freestyle and breathe correctly for a length of the pool</p> <p>I can swim more than one length of the pool</p> <p>I can swim backstroke for a length of the pool</p> <p>I can swim breaststroke for a length of the pool</p> <p>I can swim backstroke for more than one length of the pool</p> <p>I can swim breaststroke for more than one length of the pool</p> <p>I can perform a self-rescue</p>
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Year Five and Year Six – Curriculum B

Autumn Term - One	Autumn Term – Two	Spring Term – One	Spring Term – Two	Summer Term – One	Summer Term - Two
Football Multi-skills	Dance – Dance Through the Decades Basketball	Gymnastics – Movement Hockey	Netball Orienteering	Tennis Rounders	Athletics Swimming

<p>National Curriculum Coverage - Football</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: football</p> <p>I enjoy communicating, collaborating and competing with others in the context of: football</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: football</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: football</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: football</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: football</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: football</p>	<p>National Curriculum Coverage - Dance</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: dance</p> <p>I enjoy communicating, collaborating and competing with others in the context of: dance</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: dance</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: dance</p> <p>I know how to perform dances using a range of movement patterns in the context of: dance</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: dance</p> <p>Year Five Knowledge and Skills</p> <p>I can learn and a perform a dance in a 1960s style with some help</p> <p>I can learn and a perform a dance in a 1970s disco style with some help</p> <p>I can learn and a perform a dance in a 1980s hip-hop style with some help</p>	<p>National Curriculum Coverage - Gymnastics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: gymnastics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: gymnastics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: gymnastics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: gymnastics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: gymnastics</p> <p>Year Five Knowledge and Skills</p> <p>I am beginning to learn a stag jump and split leap with some help</p> <p>I am beginning to learn pike rolls with some help</p> <p>I am beginning to learn a squat through vault with some help</p> <p>I am beginning to learn a round-off with some help</p> <p>With support, I can plan a sequence of gymnastics movements that are linked</p>	<p>National Curriculum Coverage - Netball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: netball</p> <p>I enjoy communicating, collaborating and competing with others in the context of: netball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: netball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: netball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: netball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: netball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: netball</p>	<p>National Curriculum Coverage – Tennis</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: tennis</p> <p>I enjoy communicating, collaborating and competing with others in the context of: tennis</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: tennis</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: tennis</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: tennis</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: tennis</p> <p>Year Five Knowledge and Skills</p> <p>I can explain the areas on a tennis court</p>	<p>National Curriculum Coverage – Athletics</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: athletics</p> <p>I enjoy communicating, collaborating and competing with others in the context of: athletics</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: athletics</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: athletics</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: athletics</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: athletics</p> <p>Year Five Knowledge and Skills</p> <p>I can sprint over a distance of 100m working on my technique to improve my speed</p> <p>I can sprint and jump over short hurdles over a distance of 100m working on my technique to</p>
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<p>football</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine dribbling and ball control skills in a football game</p> <p>I can accurately combine dribbling, ball control, passing and receiving skills in a football game</p> <p>I can effectively find and use space to advance my team towards a goal in a football game</p> <p>I can effectively use the defensive skills of marking and tackling in a football game</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a football game</p> <p>I can effectively and accurately shoot in a football game</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a football game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining dribbling and ball control skills in a football game or competition</p> <p>I can show intelligent thinking when combining dribbling, ball control, passing and receiving skills in a football game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a football game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and tackling in a football game or</p>	<p>help</p> <p>I can learn and a perform a group dance in a 1990s pop group style with some help</p> <p>I can learn and a perform a group dance in a 2000s dance craze style with some help</p> <p>I can learn and a perform a dance in a 2010s style with some help</p> <p>Year Six Knowledge and Skills</p> <p>I can learn and a perform a dance in a 1960s style</p> <p>I can learn and a perform a dance in a 1970s disco style</p> <p>I can learn and a perform a dance in a 1980s hip-hop style</p> <p>I can learn and a perform a group dance in a 1990s pop group style</p> <p>I can learn and a perform a group dance in a 2000s dance craze style</p> <p>I can learn and a perform a dance in a 2010s style</p>	<p>together</p> <p>I can perform a gymnastics sequence with a supporting partner in time to music</p> <p>Year Six Knowledge and Skills</p> <p>I can perform a stag jump and split leap</p> <p>I can perform pike rolls</p> <p>I can perform a squat through vault</p> <p>I can perform a round-off</p> <p>I can independently plan a sequence of gymnastics movements that are creatively linked together</p> <p>I can perform a gymnastics sequence as the leader within a pair in time to music</p>	<p>netball</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine travelling and ball control skills in a netball game</p> <p>I can accurately combine travelling, ball control, passing and receiving skills in a netball game</p> <p>I can effectively find and use space to advance my team towards a goal in a netball game</p> <p>I can effectively use the defensive skills of marking and tackling in a netball game</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a netball game</p> <p>I can effectively and accurately shoot in a netball game</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a netball game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>I can play in each position in netball</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining travelling and ball control skills in a netball game or competition</p> <p>I can show intelligent thinking when combining travelling, ball control, passing and receiving skills in a netball game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a netball game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and</p>	<p>I understand the rules of tennis</p> <p>I understand the scoring system in tennis</p> <p>I can hit a tennis ball over the net and towards the back of the court</p> <p>I can return a tennis ball over the net on a tennis court, trying to make it more difficult for my opponent to return the ball</p> <p>I can perform a rally with an opponent on a tennis court</p> <p>I can play a short game of tennis on a tennis court</p> <p>Year Six Knowledge and Skills</p> <p>I can explain the areas on a tennis court and how to use them strategically</p> <p>I can explain the rules of tennis</p> <p>I can explain the scoring system in tennis</p> <p>I can serve a tennis ball with power and accuracy</p> <p>I can return a tennis ball over the net on a tennis court, thinking carefully about where to place the ball</p> <p>I can perform a rally with an opponent on a tennis court using the skills I have learnt to try and win the point</p> <p>I can play a game of tennis on a tennis court</p>	<p>improve my speed</p> <p>I can complete a sack race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete an egg and spoon race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete a skipping race over a distance of 75m working on my technique to improve my speed</p> <p>I can complete an obstacle race over the distance of 75m working on my technique to improve my speed</p> <p>I can complete two laps of the field working on my technique to improve my speed</p> <p>I can compete in a relay race over the distance of 100m working on my technique to improve my speed</p> <p>I can throw a javelin with power and accuracy, improving my distance</p> <p>I can throw a shotput with power and accuracy, improving my distance</p> <p>I can throw a discus with power and accuracy, improving my distance</p> <p>I can throw a ball by pushing it from my chest with power and accuracy, improving my distance</p> <p>Year Six Knowledge and Skills</p> <p>I can sprint over a distance of 100m and make improvement to try and beat my personal best</p> <p>I can sprint and jump over short hurdles over a distance of 100m and make improvement to try and beat my personal best</p> <p>I can complete a sack race over a distance of 75m and make improvement to try and beat my personal best</p>
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<p>competition</p> <p>I can use attacking skills intelligently and effectively such as dodging to get past a defender or feigning my direction of travel in a football game or competition</p> <p>I can score a goal in a football game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a football game or competition</p> <p>I can work as part of a team, encouraging team members and showing good sportsmanship to the opposition</p>			<p>tackling in a netball game or competition</p> <p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a netball game or competition</p> <p>I can score a goal in a netball game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a netball game or competition</p> <p>I can work as part of a team, encouraging team members and showing good sportsmanship to the opposition</p> <p>I can play in each position in netball but recognize my strengths in a particular position</p>		<p>I can complete an egg and spoon race over a distance of 75m and make improvement to try and beat my personal best</p> <p>I can complete a skipping race over a distance of 50m and make improvement to try and beat my personal best</p> <p>I can complete an obstacle race over the distance of 75m and make improvement to try and beat my personal best</p> <p>I can complete three laps of the field and make improvement to try and beat my personal best obstacle race</p> <p>I can compete in a relay race over the distance of 100m and make improvement to try and beat my personal best</p> <p>I can throw a javelin with power and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a shotput with power and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a discus with power and accuracy and make improvement to try and beat my personal best</p> <p>I can throw a ball by pushing it from my chest with power and accuracy and make improvement to try and beat my personal best</p>
<p>National Curriculum Coverage – Multi-skills</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: multi-skills</p>	<p>National Curriculum Coverage - Basketball</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: basketball</p>	<p>National Curriculum Coverage - Hockey</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: hockey</p>	<p>National Curriculum Coverage - Orienteering</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: orienteering</p>	<p>National Curriculum Coverage - Rounders</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: rounders</p>	<p>National Curriculum Coverage - Swimming</p> <p>I am continuing to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement in the context of: swimming</p>

<p>I enjoy communicating, collaborating and competing with others in the context of: multi-skills</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: multi-skills</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: multi-skills</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: multi-skills</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: multi-skills</p> <p>Year Five Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle with increasing speed and accuracy</p> <p>I can bend my knees and thrust upwards, using my arms to jump high with increasing agility</p> <p>I can bend my knees and thrust forwards, using my arms to jump far with increasing agility</p> <p>I can increase my control, balance and agility to improve my triple jump distance</p> <p>I can increase my control, balance and agility to improve my sprint</p>	<p>I enjoy communicating, collaborating and competing with others in the context of: basketball</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: basketball</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: basketball</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: basketball</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: basketball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: basketball</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: basketball</p> <p>Year Five Knowledge and Skills</p> <p>I can bounce a ball behind my back</p> <p>I am beginning to combine bouncing the ball under my legs whilst travelling in different ways</p> <p>I can bounce pass the ball to another player whilst travelling</p>	<p>I enjoy communicating, collaborating and competing with others in the context of: hockey</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: hockey</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: hockey</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: hockey</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: hockey</p> <p>Year Five Knowledge and Skills</p> <p>I can accurately combine travelling and ball control skills in a hockey game</p> <p>I can accurately combine travelling, ball control, passing and receiving skills in a hockey game</p> <p>I can effectively find and use space to advance my team towards a goal in a hockey game</p> <p>I can effectively use the defensive skills of marking and tackling in a hockey game</p>	<p>I enjoy communicating, collaborating and competing with others in the context of: orienteeering</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: orienteeering</p> <p>I know how to use running in the context of: orienteeering</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: orienteeering</p> <p>I know how to take part in outdoor and adventurous activity challenges both individually and within a team in the context of: orienteeering</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: orienteeering</p> <p>Year Five Knowledge and Skills</p> <p>I can run at a steady pace for increasingly longer amounts of time</p> <p>I confidently switch my pace and speed when running, choosing a steady pace for the majority of the course, sprinting when necessary and slowing for difficult terrain and to rest</p> <p>Through accurate map reading, I confidently switching the speed and direction in which I am travelling,</p>	<p>I enjoy communicating, collaborating and competing with others in the context of: rounders</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: rounders</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in the context of: rounders</p> <p>I know how to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending in the context of: rounders</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: rounders</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: rounders</p> <p>Year Five Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst running</p> <p>I can catch a ball coming at me,</p>	<p>I enjoy communicating, collaborating and competing with others in the context of: swimming</p> <p>I am developing my understanding of how to improve in different physical activities and sports and I am learning how to evaluate and recognise my own success in the context of: swimming</p> <p>I know how to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] in the context of: swimming</p> <p>I know how to compare my performances with previous ones and demonstrate improvement to achieve my personal best in the context of: swimming</p> <p>I know how to swim competently, confidently and proficiently over a distance of at least 25 metres in the context of: swimming</p> <p>I know how to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] in the context of: swimming</p> <p>I know how to perform safe self-rescue in different water-based situations in the context of: swimming</p> <p>Year Five Knowledge and Skills</p> <p>I can correctly enter and exit the water</p> <p>I can enjoy being in the water and moving around</p> <p>I can glide on my front with confidence</p>
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<p>I can use breathing and control of pace to improve my long distance running</p> <p>I can choose overarm or underarm to throw a ball at a target at increasing distances with accuracy</p> <p>I can plan my route and practise transitions from one obstacle to another to improve my time in an obstacle race</p> <p>Year Six Knowledge and Skills</p> <p>I can repeat a side-to-side jump over a hurdle in competition with my peers and attempt to beat my personal best</p> <p>I can bend my knees and thrust upwards, using my arms to jump high in competition with my peers and attempt to beat my personal best</p> <p>I can bend my knees and thrust forwards, using my arms to jump far in competition with my peers and attempt to beat my personal best</p> <p>I can improve my triple jump distance whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can sprint whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can run long distance whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can run an obstacle race whilst in competition with my peers as I attempt to beat my personal best</p> <p>I can throw a ball at a target whilst in competition with my peers as I attempt to beat my personal best</p>	<p>I can catch a bounce pass from another player whilst travelling</p> <p>I can shoot a ball at a basket with increasing accuracy</p> <p>I can attempt a jump shot</p> <p>I can confidently use defending skills to defend a space and other players</p> <p>I can confidently use attacking skills such as dodging to get past a defender</p> <p>I can contribute effectively to a team in a game of basketball</p> <p>Year Six Knowledge and Skills</p> <p>I can bounce a ball behind my back whilst travelling</p> <p>I am beginning to combine bouncing the ball behind my back whilst travelling in different ways</p> <p>I can choose which pass I want to use when passing the ball to another player whilst travelling</p> <p>I can catch a variety of different passes from another player whilst travelling</p> <p>I can shoot a ball at a basket using the backboard to aid me in scoring a basket</p> <p>I can perform a jump shot with increasing accuracy</p> <p>I can confidently use defending skills to defend a space and other players in a basketball game</p> <p>I can confidently use attacking skills such as dodging to get past a defender in a basketball game</p> <p>I can contribute effectively to a team in a game of basketball, encouraging team members and showing good sportsmanship to the opposition</p>	<p>I can use attacking skills effectively and confidently such as dodging to get past a defender or feigning my direction of travel in a hockey game</p> <p>I can effectively and accurately shoot in a hockey game</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can effectively use teamwork in a hockey game</p> <p>I can work as part of a team, keeping and passing the ball accurately</p> <p>Year Six Knowledge and Skills</p> <p>I can show intelligent thinking when combining dribbling and ball control skills in a football game or competition</p> <p>I can show intelligent thinking when combining dribbling, ball control, passing and receiving skills in a football game or competition</p> <p>I can effectively and intelligently find and use space to advance my team towards a goal in a football game or competition</p> <p>I can effectively and intelligently use the defensive skills of marking and tackling in a football game or competition</p> <p>I can use attacking skills intelligently and effectively such as dodging to get past a defender or feigning my direction of travel in a football game or competition</p> <p>I can score a goal in a football game or competition</p> <p>I can explain how I lead a healthy lifestyle and suggest what I could do to be healthier</p> <p>I can intelligently use teamwork in a football game or competition</p> <p>I can work as part of a team, encouraging team members and</p>	<p>understanding how this will help me get a better time</p> <p>I can identify places on a complex Ordinance Survey map</p> <p>I can use a complex key on an Ordinance Survey map</p> <p>I can find places on a complex Ordinance Survey map</p> <p>I can orientate a complex Ordinance Survey map to help find places</p> <p>I can confidently use a compass</p> <p>I can complete a difficult orienteering course independently and with a partner</p> <p>I can compete against others to complete a difficult orienteering course independently and with a partner</p> <p>Year Six Knowledge and Skills</p> <p>I can run at a steady pace for as long as I need to</p> <p>I am naturally switching my pace and speed when running, choosing a steady pace for the majority of the course, sprinting when necessary and slowing for difficult terrain and to rest</p> <p>Through accurate map reading, I naturally switch the speed and direction in which I am travelling, quickly making decisions that will save time</p> <p>I can quickly and confidently identify places on a complex Ordinance Survey map</p> <p>I can quickly and confidently use a complex key on an Ordinance Survey map</p> <p>I can quickly and confidently find places on a complex Ordinance Survey map</p> <p>I can quickly and confidently orientate a complex Ordinance Survey map to help find places</p>	<p>whilst running</p> <p>I can chase and stop a rolling ball, whilst running</p> <p>I understand the features of a rounders field</p> <p>I understand the different roles and responsibilities of players in rounders</p> <p>I understand the rules of rounders</p> <p>I understand how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game with increasing accuracy and power</p> <p>I can field in a rounders game effectively</p> <p>I can defend a base in a rounders game effectively</p> <p>I can run around the bases, making sensible decisions about when to go for a rounder and when to stop</p> <p>Year Six Knowledge and Skills</p> <p>I can adopt a batting stance whilst holding a rounders bat correctly in my preferred hand</p> <p>I can catch a ball coming from above, whilst sprinting</p> <p>I can catch a ball coming at me, whilst sprinting</p> <p>I can chase and stop a rolling ball, whilst sprinting</p> <p>I understand and can explain the features of a rounders field</p> <p>I understand and can explain the different roles and responsibilities of players in rounders</p> <p>I understand and can explain the rules of rounders</p> <p>I understand and can explain how rounders is scored</p> <p>I can hit a ball with a rounders bat when it is bowled to me in a game with accuracy and power</p>	<p>I can get my face wet</p> <p>I can put my head under water</p> <p>I can blow bubble under water</p> <p>I can float using a floatation aid</p> <p>I can float unaided</p> <p>I can glide across the water with support</p> <p>I can identify safety features and know who to ask for help</p> <p>I can be confident in, on and under the water</p> <p>I can float on my back</p> <p>I can glide and kick across the pool</p> <p>I can swim across the pool using freestyle arm action</p> <p>I can coordinate arm and leg action to swim across a pool</p> <p>I am beginning to learn how to self-rescue</p> <p>Year Six Knowledge and Skills</p> <p>I can swim across the pool using breaststroke</p> <p>I can swim across the pool using backstroke</p> <p>I can swim freestyle and breathe correctly for a length of the pool</p> <p>I can swim more than one length of the pool</p> <p>I can swim backstroke for a length of the pool</p> <p>I can swim breaststroke for a length of the pool</p> <p>I can swim backstroke for more than one length of the pool</p> <p>I can swim breaststroke for more than one length of the pool</p> <p>I can perform a self-rescue</p>
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		<p>showing good sportsmanship to the opposition</p>	<p>I can use a compass quickly and accurately</p> <p>I can complete a long and complex orienteering course independently and with a partner</p> <p>I can compete against others to complete a long and complex orienteering course independently and with a partner</p>	<p>I can field in a rounders game effectively, knowing when to go for a ball, when to act myself and when to throw to another fielder</p> <p>I can defend a base in a rounders game effectively, knowing when to go for a ball, when to act myself and when to throw to another fielder</p> <p>I can run around the bases, making sensible decisions about when to go for a rounder and when to stop and ensuring I do not run out any of my team mates</p>	
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